

# Greek Stuffed Tomatoes



**Serves 4**

**Prep 35 mins**

**Cook 1h 15 mins**

**Easy**

## Ingredients

4 large beef tomatoes  
olive oil  
1 onion, finely chopped  
1 tbsp tomato purée  
1 tsp dried oregano  
handful of kalamata olives, pitted (optional)  
100ml dry white wine  
1 tbsp red wine vinegar  
100g long grain white rice  
100g feta, crumbled

## For the salad

1/2 cucumber, peeled, deseeded & chopped  
2 tsp red wine vinegar  
1 tbsp extra-virgin olive oil  
mint or parsley, leaves picked & torn

1. Heat the oven to 160C/ Fan 140C/ Gas 3. Cut the tops off the tomatoes, then use a spoon to scoop out the flesh from each. Finely chop the flesh and set aside.
2. Heat a splash of olive oil in a pan, add the onion and fry gently for 10 minutes until softened and caramelised. Stir in the tomato purée and herbs, and cook until the mixture turns a deep red colour. Stir in the chopped tomato flesh, olives, wine and vinegar. Bring to a simmer and cook for 5 mins until the tomatoes have softened and reduced slightly.
3. Stir in the rice and cook for 7-8 mins - the rice should be soft around the edges but still a little firm in the middle of the grain. Fold the feta through the rice mixture and season to taste (it shouldn't need much salt, as the olives and feta are salty) Spoon the rice mixture into the tomato shells and put the tops back on. Sit the tomatoes in a roasting tray, drizzle with olive oil and cover with foil. Bake for 1 hour, then remove the foil and bake for a further 15 mins. Meanwhile, mix together the ingredients for the salad in a bowl with some seasoning.
4. Spoon the roasting juices over the tomatoes and serve with the salad.